



Nutritional Fact Sheet

Freeze-Dried Mushroom Dices

Ingredients: Freeze-Dried Mushrooms

Description & Directions: Natural super-clean freeze-dried Button Mushrooms. 1 pound of freeze-dried mushrooms replaces 16 pounds of fresh.

Storage & Shelf-life: Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 Grams Dry
Calories	293.76 kcal
Protein	34.08 g
Total Carbohydrate	47.94 g
Sugars	16.45 g
Added Sugars	0.00 g
Dietary Fiber	14.1 g
Total Fat	3.88 g
Saturated Fat	0.54 g
Cholesterol	0.00 mg
Thiamin – B1	1.06 mg
Riboflavin – B2	4.98 mg
Niacin – B3	47.47 mg
Vitamin B6	1.2 mg
Vitamin C	27.03 mg
Vitamin D	22.33 mcg
Calcium	58.75 mg
Iron	12.22 mg
Phosphorus	1222.03 mg
Potassium	4347.61 mg
Sodium	47 mg
Trans Fat	0.00 g